Lucid Mind Center

Robert Monroe Biograph

By Judith Schjorring

In this first part of Robert A Monroe ‘s Biography we enumerate the most significant events in Bob’s childhood and youth, the first marriage and his financial breakthrough at the tender age of 25.

Robert A Monroe Biography – Part 1

1915

- Robert Allen Monroe is born on the 30th of October 1915 to Robert Emmet Monroe and Georgia Monroe in Lexington, Kentucky. Georgia is a medical doctor and Robert Emmet a university professor.
- Robert A Monroe is the 3rd of five children. The family calls him Bob.

1920

- Little Bob is a very bright child: aged 4 he can already read and write. His parents are a little concerned about him being left-handed. They try to correct this but soon give up.

1930

- At age 15 Robert A Monroe enters Ohio State College.

1932

- At age 17 Bob has his first sexual experience with a girl and decides that he has to marry her secretly out of moral and ethic reasons.
- But they both dismiss the thought of marriage in the end after their futile attempts to find a judge to actually marry them.
- The same year he flunks out of college.

1933

- Bob leaves home and decides to work and live on his own. Most of the year he lives on the street and takes on any job he can get. In this year he lives through many strange and curious situations which will later serve as inspirations for his radio scripts.

1935

- Bob returns to college and finally gets a degree in English. At college he meets Jeanette, the daughter of a local lawyer. They become rather fond of each other and start a relationship.

Robert A Monroe marries

1937

- Bob and Jeanette are both into acting and want to put a play together. They hear of a theatre across the border they could rent. And they need money to invest into the equipment for the play.
- The Mann Act prohibits the transport of women for “immoral purposes”. So, Bob asks her father to marry his daughter – and also for a loan of 8.500$. They do marry in 1937 and Jeanette’s father does lend them the money. (It will take Bob 8 years to pay it back.)
- The theatre intermezzo turns out to be a disaster though and they end up being broke.

1938

- They are back living with Bob’s parents.

- Bob leaves alone to New York to try a new carrier as scriptwriter. Jeanette is supposed to follow when he gets settled. Soon after he realizes she is not the right woman for him and asks her for a divorce.

Robert A Monroe ‘s Financial Breakthrough

1940

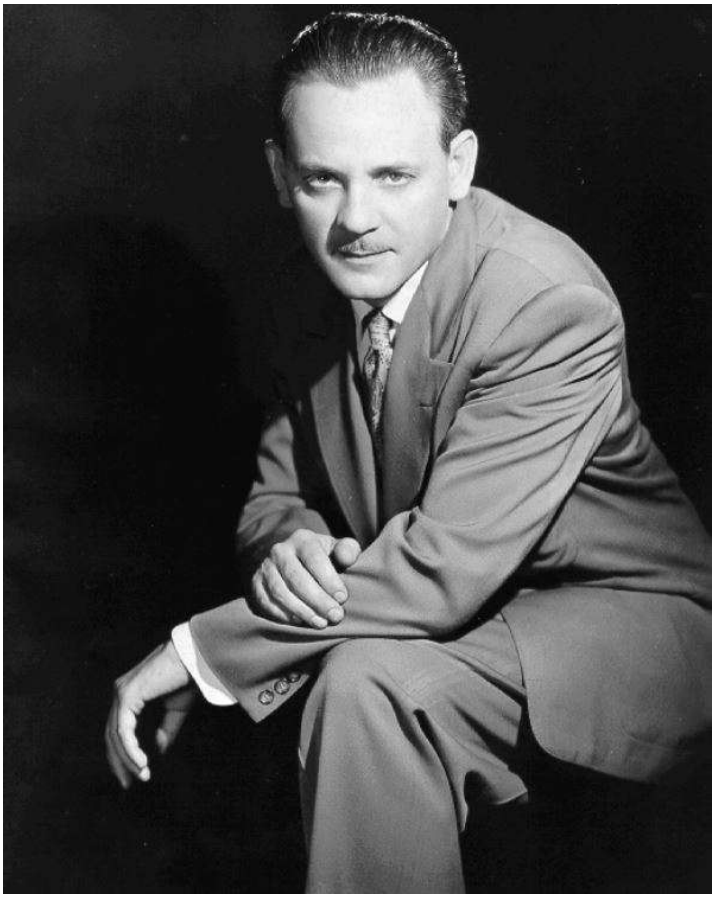
- Bob sent in script after script of shows to radio stations. In this year one of his scripts Rocky Gordon is accepted for broadcast at the NBC network, five shows per week.
- Robert A Monroe at age 25 makes serious money: 1.000$ per week! (This is like 9.000$ in today’s value!)

1943

- He founds his first corporation RAM enterprises. He starts working for Donahue & Co. Travelling to Hollywood Bob gets to meet people like Sam Goldwyn and L.B Meyer.

1944-46

- Robert A Monroe now founds his own company Monroe Productions. Its first creation for MGM is the 30 minute show Screen Test which runs until 1946. He earns about 300.000$ per year! (In today’s value nearly 3.000.000$.)
- During this time he lives with Marianne, a concert pianist. The relationship does not last.
- Then Bob meets a young actress named Mary Ashworth. They become very interested in each other but somehow lose each other out of sight.
- Next he meets the Russian actress Frances. They do start a relationship and soon after they marry.



Robert Monroe Biography – Part 2

Part 2 of the Robert Monroe Biography is about Bob's middle age from 1947 – 1970. In this part of his life Bob becomes a millionaire, marries for the third time and has his first children.

Financial Breakthrough

1947-50

- Bob writes a new show called "High Adventure" which he produces himself and offers for free for a month to Mutual Broadcasting.
- Mutual Broadcasting accepts the offer and the show becomes a success. It broadcasts once a week for 7 years. Bob also writes, directs and produces successful quiz shows like "Take a Number", "Meet Your Match" and "Name That Tune".
- Bob Monroe becomes an expert in sound technology and learns how to use new techniques in the production of sound.
- Bob and Frances relationship comes to an end as they have lived apart. Soon they devorce.
- He reencounters the young actress Mary Ashworth, who now has a two year old daughter Maria. They fall in love all over again and soon after they marry. A little later Monroe adopts the little girl Maria as his own.

Robert Monroe Needs a new Direction

1956

- Bob resigns from a RKO a millionaire and buys 2 radio stations.
- Now he has some time to try other projects.
- One which catches his attention is learning during sleep. Bob records tapes with exercises for learning multiplication tables and foreign languages by listening to them during sleep.
- He experiments around a lot and tests the tapes on himself. Later he even creates a laboratory on his estate. In an isolated booth he places a water bed and a stereo system with headphones.
- There are 11 volunteers, mostly friends and family – one of them his daughter Laurie Monroe, who are willing to try out the tapes during the night. Laurie later says that these tapes have influenced her brain: She develops a flair for languages and maths.

Robert Monroe's First OBE

A sudden Out of Body Experience at age 43, the first of many, changes his life slowly but surely.

1958

- Robert Monroe has his First Out Of Body experience at age 43. It all begins with some strange vibrations. Some say it may have been triggered by the tapes Bob had been listening to.

1961

- The Monroes move to Richmond. Bob hears about cable television and the possibility to buy into its profitable franchise. He is interested and looks for a town of the right size where he could afford to invest in with Cable TV.

1965

- Monroe sells his radio stations and invests in a Cable TV franchise, called Jefferson Cable Corporation. The family moves to Charlottesville Virginia.

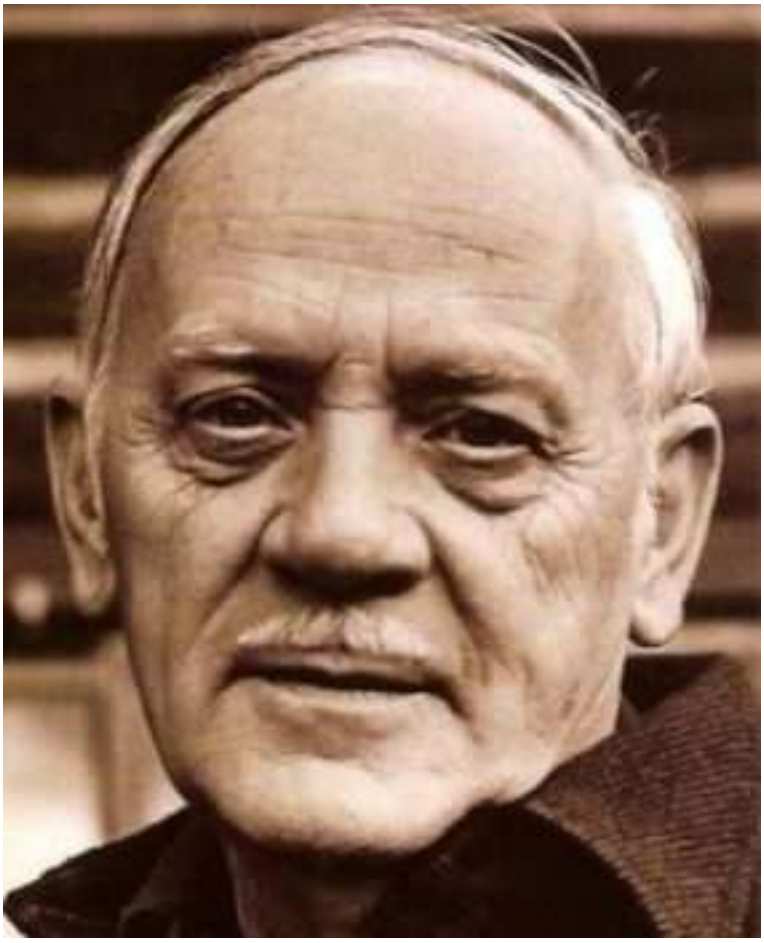
1967

- Robert and Mary divorce. Bob's growing interest in the exploration of altered states of consciousness Mary cannot share with him.

By 1970 Bob Monroe a Philanthropist

1970

- Bob resigns from Cable TV now seriously wealthy and invests into two apartment blocks in Charlottesville. He wants to have more time for his explorations into altered states.
- He re-encounters Nancy Penn Honeycutt. Her and her large family were family friends of Robert and Mary Monroe in Richmond. Nancy has separated from her husband whom she has 4 children with. She has also moved to Charlottesville.
- Bob and Nancy resume their friendship as she helps him with the management of his apartment blocks. They realize that they share the same interests especially the interest in the paranormal. Eventually they fall in love.
- In the meantime Bob is putting together the notes of his frequent out of body experiences collected over a decade. He thinks it is time to share these experiences with the world and writes his first book Journeys Out Of The Body.



Robert Monroe Biography – Part 3

The 3rd part of the biography of Robert Monroe (1971 – 1995) is the more impressive part of his life: Bob starts a new life at 55! He marries his 4th wife Nancy, publishes 3 books, creates Hemi-Sync and builds and founds the Monroe Institute. He dies in 1995 at 79 years of age.

A New Life at 55!

1971

- This is an eventful year in Robert Monroe's life: At 55 years of age, he marries his 4th wife, Nancy Penn, and the new big family move to Whistlefield Farm.
- There Bob sets up a laboratory with 3 CHEC units, calling it the Whistlefield Research Laboratories, where he now invites physicists and other explorers to join him in his investigations of the expanded human consciousness. Some amazing encounters take place in this part of his life.
- In this same year, his first book *Journeys Out Of The Body* is published.
- Later that year he is invited to speak at the Harold Sherman Parapsychology Conference in Hot Springs, Arkansas and at also at Esalen.

1972

- Bob employs two young scientists Tom Campbell and Dennis Mennerich to finish the wiring of his new laboratory. Bill Yost would come on occasion to give a hand.
- Once the Whistlefield Research Laboratory is finished, they start testing the effects of different sound waves on various volunteers. Bob Monroe calls these volunteers explorers.

1973

- The team and Bob Monroe incorporate binaural beats into to their exercises. The effect of binaural beats on the explorers is tremendous. They can easily make them fall asleep or relax on demand. His explorers even report of altered states of consciousness.
- Mennerich and Campbell volunteered to help Bob build the “control rooms” where they experimented with human consciousness. Watch this video where Mennerich talks about the early days.

1975

- Robert Monroe applies and receives his first patent for the **Frequency Following Response** under the name Mentronics. Later Bob renames the technology to Hemi-Sync which stands for Hemispheric Synchronisation.
- They start holding **Hemi-Sync workshops** all over the US. First under the name M5000: Bob wanted to reach 5.000 participants in his programs in the next 10 years.
- Participants are introduced to **Focus-Levels** 10, 12, 15 and 21.

1976

- Bob is now 61 years old. His facilitator teams are holding more and more workshops all over US. Travelling from hotel to hotel though with the whole big equipment is getting too complicated.
- Bob Monroe dreams about building an Institute where people will come for residential programmes to learn and explore altered states of consciousness.

1977

- The M500 program is renamed into “Gateway Voyage”.
- Bob’s dream comes true, and he buys an extensive new land in Faber, Virginia. For that he sells his apartment blocks and what shares he has left in cable TV. He and Nancy call the new property the New Land.
- Soon after, the building of their new home and the institute begins.

The Monroe Institute opens its doors

1979

- The Monroe Institute opens its doors: 22 people can participate in a residential programme at the time. Each participant in their own CHEC unit, with its own light controls, headphones and recorders connected by microphone to the central laboratory.

1981

- Bob is selling off plots of the New Land, with the intention of creating a community of peace, inviting the new landowners to participate in programs at the Monroe Institute.
- (By 1987 a lot of plots were sold. But Bob gave up on the community of peace. Many of the new land owners were simply not interested in the expansion of consciousness.)

1984

- Bob registers Hemi-Sync© as a trademark.

1985

- Bob's second book Far Journeys is published. His life becomes now one of service to humanity.
- Outreach programs in other countries and continents are planned to make the Hemi-Sync technology available to people all over the world.

1987

- Robert Monroe launches the Human-Plus series. They are to help people achieve desired changes in behaviour pattern, like change sleep disorders, getting rid of addictions, etc.

1990

- The Monroe Institute has now 21 full time employees plus 18 trainers. The Institute flourishes: It offers 2 programs: The *Gateway Voyage* and *Guidelines*.

Going Home – Exploring the Afterlife

1991

- A new program at the Institute: *Lifelines* – an immediate success. Participants are introduced to the new Focus-levels: 22 – 27.
- Bob has started writing his last book. Nancy Monroe falls ill. Bob collaborates with Elizabeth Kuebler-Ross on the "Going Home" CD series and they are introduced for sale. (Focus 27)

1992

- Nancy Monroe dies. Bob has a difficult time adjusting to life without her.

1994

- *"Ultimate Journey"*, his last book is published.

- Bob creates a new residential workshop called *Explorer 27*, where Focus levels 34/35 are introduced. This is the focus level where participants are taken to the Gathering mentioned in his second book Far Journeys.

1995

- Robert Monroe dies on the 17th of April 1995, aged 79 years old.